



# THAI PORK & GREEN BEAN STIR-FRY

with Garlic Rice



Cook with the flavours of Thailand



Garlic



Jasmine Rice



Red Onion



Green Beans



Coriander



Mint



Ginger



Lime



Pork Mince



Yellow Curry Paste



Roasted Peanuts

Hands-on: **25 mins**  
Ready in: **35 mins**

**Naturally gluten-free**  
*Not suitable for Coeliacs*

**Spicy (yellow curry paste)**

**Low calorie**

Delete the number for your local Thai takeaway from your phone - you won't be needing it again! This fragrant stir-fry brings Thailand to your plate, with a generous sprinkling of herbs and aromatic garlic rice to finish it off. You won't believe these amazing flavours came out of your kitchen!

**Pantry Staples:** Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan with lid**
- **large frying pan**



## 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2** the garlic and cook for until fragrant, **1 minute**. Add the **jasmine rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **11-12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 2 GET PREPPED

While the rice is cooking, slice the **lime** into wedges. Thinly slice the **red onion**. Trim the **green beans** and slice into thirds. Roughly chop the **coriander**. Pick and roughly chop the **mint** leaves. Finely grate the **ginger**.



## 3 MAKE THE SAUCE

In a small bowl, combine the **soy sauce**, **brown sugar**, **water (for the sauce)** and a **good squeeze of lime juice**.



## 4 STIR-FRY THE PORK

In a large frying pan or wok, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **onion**, **ginger**, and **remaining garlic**. Stir-fry until fragrant, **2 minutes**. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add the **yellow curry paste (see ingredients list)** and cook until fragrant, **1 minute**. **SPICY!** The curry paste is hot, use less if you're sensitive to heat.



## 5 ADD THE BEANS & SAUCE

Add the **green beans** and the **soy sauce mixture** to the pork mince and cook until the beans are just tender, **5-6 minutes**. Remove the pan from the heat and stir through the **coriander** and **mint** leaves.



## 6 SERVE UP

Divide the garlic rice between plates and top with the Thai pork and green bean stir-fry. Sprinkle with the **roasted peanuts**. Serve with the lime wedges. **TIP:** For the low-calorie option, serve with 1/2 the rice and omit the roasted peanuts.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1 1/4 cups	2 1/2 cups
salt*	1/4 tsp	1/2 tsp
lime	1	2
red onion	1	2
green beans	1 bag (300 g)	2 bags (600 g)
coriander	1 bunch	1 bunch
mint	1 bunch	1 bunch
ginger	1 knob	2 knobs
soy sauce* (or gluten-free tamari soy sauce)	3 tsp	1 1/2 tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	1/4 cup	1/2 cup
pork mince	1 packet	1 packet
yellow curry paste	1 tub (25 g)	2 tubs (50 g)
roasted peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (546Cal)	438kJ (105Cal)
Protein (g)	38.7g	7.4g
Fat, total (g)	19.9g	3.8g
- saturated (g)	9.4g	1.8g
Carbohydrate (g)	48.8g	9.4g
- sugars (g)	10.5g	2.0g
Sodium (g)	1430mg	274mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto>Hello@HelloFresh.com.au)

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